ADDICTION SERVICES

OF

PRINCE EDWARD ISLAND

ANNUAL REPORT

1982 - 1983

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ALBERT P. FOGARTY

DEPARTMENT OF HEALTH AND SOCIAL SERVICES

OFFICE OF THE MINISTER

January 4, 1984

Honourable J.A. Doiron
Lieutenant Governor
Province of Prince Edward Island

May It Please Your Honour:

I respectfully submit, for your consideration, the Annual Report of Addiction Services of Prince Edward Island for the period April 1, 1982 to March 31, 1983.

Respectfully Submitted,

Albert P. Fogarty
MINISTER RESPONSIBLE FOR
ADDICTION SERVICES OF
PRINCE EDWARD ISLAND

P.O. Box 2000, Charlottetown, Prince Edward Island, C1A 7N8

OVERVIEW OF 1982-83

The fiscal year 1982-83 was the second full year of operation under the system inaugurated in October, 1980. The Provincial Advisory Committee continues to serve in an advisory capacity to the Minister responsible for Addictions. On April 1, 1982, Hon. Albert Fogarty, Minister of Health and Social Services, assumed responsibility for Addiction Services. The Director of Addiction Services assists and advises the Minister in the discharge of his duties.

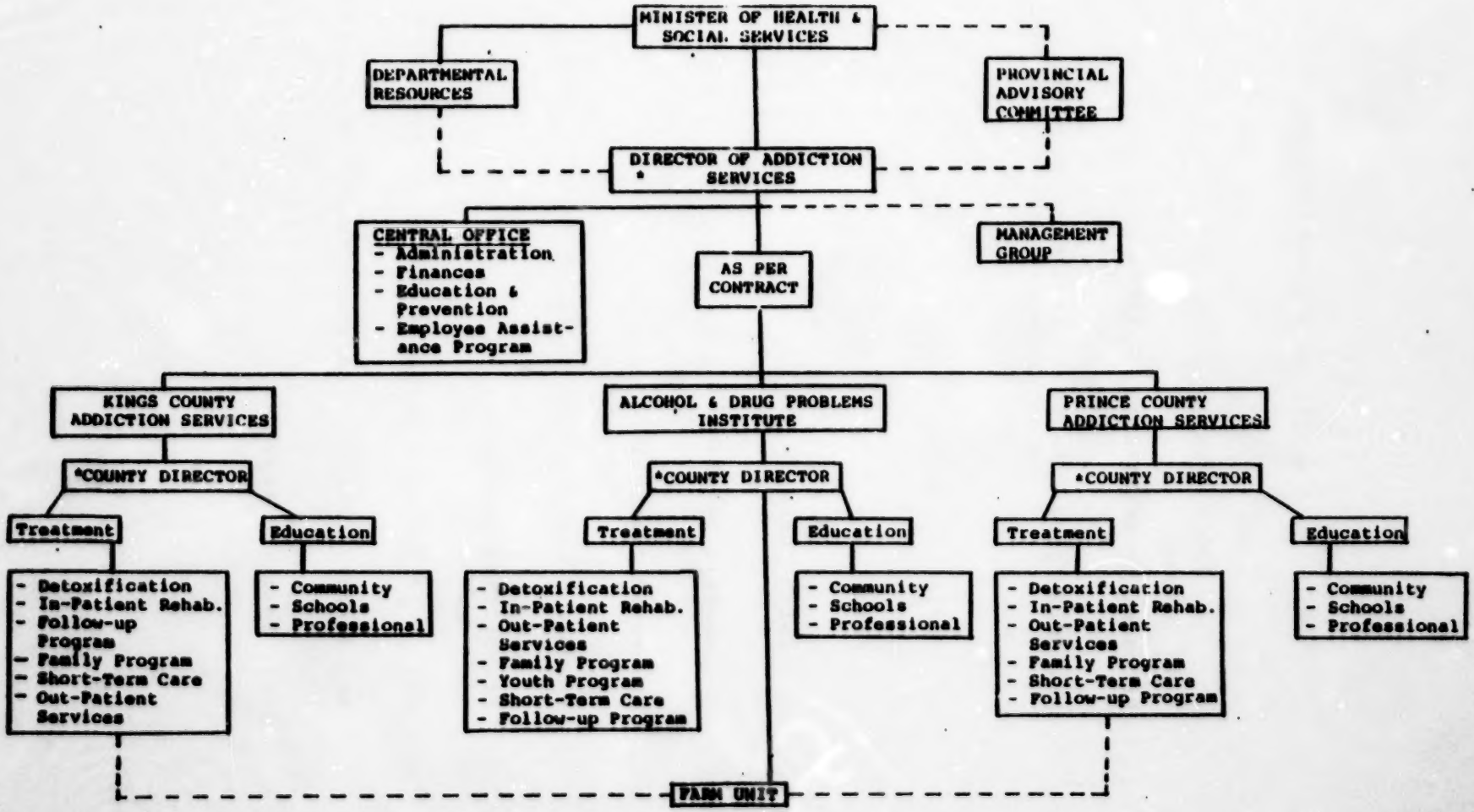
The three private County Organizations continued to develop, implement and maintain education and treatment programs as required in the Contracts signed with Government. The three respective contractors (Kings County Addiction Services, Alcohol & Drug Problems Institute and Prince County Addiction Services) operate under the direction of a Board which sets policy, allocates funds and hires a County Director to administer its program. These Contracts specify that each agency must provide the following services within its County - detoxification, rehabilitation, short-term care, public information and awareness, and staff development.

During this period the County groups were encouraged to liaise and cooperate with each other as well as consult with Government via the Director and his Central Office staff. Joint Provincial activities were held simultaneously, the major one being the second Annual Drug Awareness Week Campaign.

In the Fall of 1982 a study was commissioned by Mr. Fogarty to have George Mason of Mason Management Inc. evaluate Addiction Services, both at the County level and Central Office level.

OVERVIEW (CONT'D)

A full complement of services is now available in each County with varying formats but with relatively uniform content and approach. The ensuing report will provide a more detailed report on the achievements and functions of each component of the overall system.



*Denotes member of Management Group

ADDICTION ADVISORY COMMITTEE

Dr. Mark Triantafillou, Chairman

Mr. Neil Young - Resigned as member on April 20, 1982, when he became Director of Addiction Services

Dr. Sheldon Cameron

Mr. Fred Carver

Mr. Keith Cooke

Mr. Wendell Deagle

Mr. Peter Driscoll

Mr. Lloyd Lawless - Resigned on May 27, 1982

Mr. Hillard MacKinnon

Mrs. Lois Morris - Became a member on September 13, 1982

Mr. Bernard O'Brien - Became a member on September 13, 1982

Mrs. Beatrice Reeves

CENTRAL OFFICE

P.O. Box 37,
University Avenue,
Charlottetown, P.E.I.,
C1A 7K2

TELEPHONE: 892-4265

CENTRAL OFFICE

A small Central Office staff is under the Director of Addiction Services of Prince Edward Island. During this fiscal year the Director's position was held by Mr. Neil Young. The Director, on Government's behalf, is to establish guidelines and engage in an ongoing monitoring and evaluation process with the contracted County Agencies. In addition, he consults with the three County Directors to discuss common concerns and possible joint ventures.

The Director supervises a staff of five persons who oversee the management of personnel and financial matters in consultation with the Counties. In co-operation with the local organizations, this staff also serves as a liaison with the business community to establish Employee Assistance Programs and is responsible for the development and implementation of research and prevention programs of a provincial nature.

The Director is the Provincial representative on the federal-provincial "Sub-Committee on Alcohol and Other Drugs" and the regional group of four Directors of Addiction agencies in the Atlantic Provinces.

Prince Edward Island actively participated in the second Annual Regional Drug Awareness Week that was co-operatively planned and held in November of 1982 as a result of discussions held by the latter group.

EMPLOYEE ASSISTANCE PROGRAMS AND PUBLIC RELATIONS

The Industrial Program Officer of Central Office has been promoting the development and implementation of Employee Assistance Programs within the private sector as well as all levels of Government, both Federal and Provincial. The role of the program is: (a) to consult with both management and union representatives about their needs, (b) provide information sessions re: E.A.P. for all employees, and (c) to conduct training sessions for supervisory and management personnel.

Working with the County Agencies where possible, this program provided twenty-five seminars and workshops for approximately 413 individuals responsible for the implementation of Employee Assistance Programs in the workplace.

The Industrial Program Officer also plays a key role in the preparation and presentation of public relations activities which include editing a quarterly publication titled "The Addiction Examiner." He co-ordinated the media component of the Second Annual Drug Awareness Week, served on the Planning Committee for the Week, and implemented a two-month television and radio advertising campaign for the months of July and August.

The Industrial Program Officer also serves as our Agency's representative on the P.E.I. Council on Smoking and Health and chaired the planning and implementation of activities for Non-Smoking Week which is held late in January each year.

EDUCATION/PREVENTION PROGRAMS

Provincial education/prevention programs are co-ordinated by the Education Officer who also works on a consultation basis with County personnel. Co-operative regional programs are initiated at this level and included involvement in the planning of two regional events: (a) the second Annual Atlantic Drug Awareness Week, and (b) planning for the upcoming C.A.F. Regional Conference to be held in Halifax, Nova Scotia, in May of 1984.

Additional activities during the year included the conducting of sessions for R.N. students and L.N.A. students and a number of speaking sessions with organizations such as: F.I.S.H., Mental Health Association, Regional Service Centers, etc. The Federal Government resource kit "It's Just Your Nerves" was used throughout the year at various groups, with the help of the County personnel.

A literature supply was maintained at Central Office and new materials were distributed to the County Organizations. As well, requests from the general public and students were looked after as they were made.

As Chairman of the Education Committee, which comprises one representative from each County and two from Central Office, the Education Officer was able to obtain films for preview and keep the group up to date on new materials coming available in the marketplace.

KINGS COUNTY ADDICTION SERVICES

Breakwater Street,
P.O. Box 100,
Souris, P.E.I.,
C0A 2B0

TELEPHONE: 687-2150

BOARD OF DIRECTORS
KINGS COUNTY ADDICTION SERVICES
APRIL 1, 1982 - MARCH 31, 1983

Mr. John Dunphy, Chairman

Mr. Ronnie Campbell

Mr. Fred Carver

Mr. Joe MacKinnon

Mr. Merlin McCarthy

Mr. Vernon Oatway

Mr. George Whiteway

MANAGEMENT PERSONNEL

Mrs. Peggy MacInnis	Kings County Director
Ms. Maureen McIver	Nursing Supervisor, Detox. Unit
Ms. Anne Tierney	Education Officer
Dr. Don Vickerson	Medical Consultant

DETOXIFICATION AND FOLLOW-UP

The Detoxification Unit is located on Breakwater Street in Souris. It is a twelve-bed facility with ten beds for males and two for females. The average length of stay is 5-7 days for alcohol withdrawal and up to 21 days for withdrawal from other drugs such as prescribed medication.

The primary function of the Detox. is to provide a protective and controlled setting for individuals to withdraw from alcohol and other drugs. Minimum but effective sedation is used to prevent more serious complications of withdrawal such as hallucinosis, convulsions and delirium tremens.

A second function of the Detox. Unit is that of identification of the addiction and motivation of the client to further treatment. This is done through individual counselling and group sessions employing aids such as audio visual and cassette tapes and films. Upon discharge from Detox., clients are encouraged to participate in one of the following options:

1. Participation in the twenty-one day Rehabilitation Program at Georgetown House.

2. Those unwilling to enter a treatment program are encouraged to go to a self-help program of sobriety such as Alcoholics Anonymous.

3. Those unwilling to take the Rehab. Program or go to a self-help group are asked to return to the Detox. on a weekly basis to participate in the Follow-up Group. Gradually some of these individuals become involved in the A.A. Program.

A third function of the Detox. Unit is that of involvement with the families in the treatment of chemical dependency. This is strongly emphasized and families are contacted and offered counselling and referral to the self-help groups of Alanon. During this fiscal year 165 family counselling contacts were made.

Out-patient counselling services are also provided at the Souris Unit and Georgetown House.

STATISTICAL SUMMARY

Total Number of Admissions	606	
Total Number of Male Admissions	592	(97.6%)
Total Number of Female Admissions	14	(2.4%)
Total Number of New Admissions	92	
Number of Individuals Served	276	
Average Age	42 years	(Male)
	51 years	(Female)
Average Length of Stay	5.8 days	(Male)
	10.5 days	(Female)
Out-Patient Counselling Sessions	311	
In-Patient Counselling Sessions	1,488	

PERCENTAGE DISTRIBUTION OF ADMISSIONS BY SOURCE OF REFERRAL

	Male	Female
Friends/Neighbours	29.2%	42.9%
Self	30.9%	21.4%
Family	24.0%	14.3%
R.C.M.P./Police	3.0%	--
Hospital/Physicians	5.7%	7.1%
Addictions Staff	2.9%	--
Other	3.5%	14.3%
Clergy	.8%	--

REHABILITATION PROGRAM AND AFTERCARE

The Rehabilitation Program continues to operate out of Georgetown House on both a residential and out-patient basis. The main referral source for this program is the Detox. Unit and a great majority of these clients participate as residents at this facility. This part of the treatment process is designed to explore all aspects of chemical addiction with the use of audio-visual tapes, group therapy, counselling and discussion groups. Clients are encouraged to develop a long-term recovery program and establish effective chemical-free lifestyles. Participants in this program are referred to weekly after-care sessions for a period of six months to a year. These sessions are conducted by the counsellors in two locations - Souris and Georgetown.

Involvement of the family in the treatment of chemical dependency is strongly emphasized and families are contacted, offered counselling and referred to self-help groups such as Alanon and Alateen.

The 10-bed Georgetown facility also serves as a residence for individuals who require extended half-way house care. Bed space is provided for that purpose as required.

STATISTICAL SUMMARY

Total Number of Admissions	106	
Total Number of Male Admissions	103 (97%)	
Total Number of Female Admissions	3 (3%)	
Total Number of Individuals Served -		
	91	(Male)
	3	(Female)
Average Age	40.3 years	(Male)
	33.3 years	(Female)
Average Length of Stay	21.3 days	(Male)
	16.7 days	(Female)
Total Number of Inpatients	94	
Total Number of Outpatients	12	

OUT-PATIENT STATISTICS

Attendance at After-Care Meetings (Souris)	49 (April-May)
Number of Individual Family Counselling Sessions	165
Tuesday Night Discussion Group (Souris Detox.)	712

EDUCATION AND PREVENTION SERVICES

In 1982-83, much attention was paid to the drug education program in the schools. This program worked with Grades 4 - 12 inclusive and covered a variety of topics such as: Attitudes, Behavior and Chemical Use, Alcohol, Cannabis, Peer Education, Drug Abuse Chart, Signs and Symptoms of Mood-Altering Chemical Use, Present and Future Social Implications of Alcohol, Cannabis and Psilocybin Use.

All of the above programs were carried out with the use of outside speakers (first person experience), audio visual aids, and R.C.M.P. presentation of the "Drug Kit" when requested by the school principal. The Unit Four School Board, as well as the principals, parents and teachers, continued to support Drug education for students.

In the community, along with panels held in schools, the information booths set up at all Kings County Fairs were well received and much literature was taken by the public. Many church groups, as well as service clubs, made use of a speakers bureau which had been set up by the County. This office was requested to give presentations to teachers, nurses, social workers, clergy, social service workers, homemakers and other mixed groups during the year.

The Education Officer worked along with other County representatives and Central Office staff to plan and implement the second Annual Drug Awareness Week, with a good rounded program of events throughout the County.

STATISTICAL SUMMARY

Number of Schools Visited	15
Number of Classroom Sessions	159
Total No. of Students participating	5,056
Community Sessions	23
Professional Sessions	39
Employee Assistance Sessions	3
Displays (Fairs etc.)	20

STAFF DEVELOPMENT

The Kings County staff were offered the opportunity to attend the Summer School on Addictions at U.P.E.I., Counsellor Training Sessions as the Alcohol and Drug Problems Institute, and a preview of new materials (films and literature) as it is received by Central Office. The Kings Inter-Agency Sharing Group, now called the Library Club, meets every two months. When a special information session is presented by guest speakers, this session is open to all.

QUEENS COUNTY ADDICTION SERVICES

University Avenue,
P.O. Box 1832,
Charlottetown, P.E.I.,
C1A 7N5

TELEPHONE: 892-4265

BOARD OF DIRECTORS
ALCOHOL AND DRUG PROBLEMS INSTITUTE
APRIL 1, 1982 - MARCH 31, 1983

Dr. Leo Killorn, President
Mr. Jack Blanchard
Mr. Jim Brady
Mr. Joe Dorsey
Dr. Raymond Grant
Mr. Mike Hennessey
Mr. Ken Jenkins
Mrs. Helen Killorn
Mr. Harry Large
Ms. Gladys MacMillan
Mr. Mike O'Brien
Mr. Albert Ross
Dr. Ben Spears
Mr. Gordon Tweedy

MANAGEMENT PERSONNEL

Dr. Leo Killorn	Queens County Director, Medical Consultant
Sister Bertha McCarthy	Nursing Supervisor, Detox. Unit
Mr. Frank Blackett	Food Service Manager
Mr. Peter MacLean	Manager, Half-Way House
Mr. Henry Grant	Manager, Farm Unit
Dr. Wenonah Foster	Medical Consultant

RESIDENTIAL DETOXIFICATION UNIT - PHASE 1

During the year 1982-83 Residential Detoxification for Queens County Addiction Services was carried out on the third floor of the Alcoholism Treatment Centre on University Avenue. There were no major changes in the composition of the staff or of the programs presented in this Unit from the previous year.

The original capacity of this Unit was for twenty male beds and four female beds. During this year a change was made in the utilization of the beds. Four of the male beds were converted to female beds when the demand and the necessity for more female beds was present. These beds could be reconverted to male, again depending upon the demand. For most of the year, they were utilized as female beds, since there were no actual rehabilitation beds for females on the second floor of the facility, therefore necessitating females who remain for the Residential Rehabilitation Program to remain in this Unit.

Referrals to this Unit were accepted from anyone in the community, depending upon the availability of a bed and the perceived need. The majority of clients were admitted on a voluntary basis, although approximately one in ten of the persons admitted were certified under the Mental Health Act, and there were a moderate number of admissions requiring mandatory treatment from the legal system and from employers.

Since during this year we began to develop a liaison service with the Social Services Department of Queens County, an increasing number of referrals came through this Government Department and were also on a semi-mandatory basis.

STATISTICAL SUMMARY

Total Number of Admissions	785	
Total Number of Male Admissions	666	
Total Number of Female Admissions	119	
Average Number Monthly Admissions	65	
Average Number Monthly New Admissions	16	
Average Number Monthly One Previous Admission	14	
Average Age - Males	41	years
Average Age - Females	38	years
Average Length of Stay - Males	8	days
Average Length of Stay - Females	8	days
Total Number Referred to Phase II (Residential Rehab.)	263	
Total Number Patients Certified Under Mental Health Act	79	

It should be noted that the number of admissions to this Unit has decreased almost 200 from the previous year. This is because of the increased functioning and accessibility of the Assessment Unit, where there were 500 more admissions than the previous year. Our total number of admissions to these combined Units has, therefore, increased.

The number of female admissions has remained relatively the same. The number of new and one previous admission (16 + 14) namely 30 per month, comprises approximately one-half of the total admissions per month.

It should also be noted that the total number of new admissions was 192 for the year.

The number referred to Phase II or the Residential Rehabilitation Program, comprises approximately one-third of the total admissions - 263 out of 785.

ASSESSMENT UNIT - POLICE UNIT

This Unit continued to function in the basement of the Alcoholism Treatment Centre during the year 1982-83, and admissions comprised persons brought to the Centre by the police which the staff are capable of handling, as well as persons seeking emergency short-term care. Seven beds were made available and there was no change in the staffing or the programming of this Unit during the year.

There was a marked increase in the number of referrals to this Unit as well as the number accepted. In 1981-82 the number accepted was 748 and in 1982-83 was 1,289 - an increase of approximately 540.

It is felt that this Unit has been a great assistance in the total functioning of our program in that it not only provides short-term care for the persons apprehended by the police for public drunkenness, but also provides a service to those who wish only to remain for a day or two, and do not wish to accept the remainder of the program.

STATISTICAL SUMMARY

Total Number of Referrals	1,761
Total Number Accepted	1,289
Total Number of Individuals Accepted	772
Average monthly Admissions	107
Total Number Police Referrals	1,214
Total Number Non-Police Referrals	547
Total Number Transferred to Sleepy Hollow Correctional Centre	569
Number Referred to Further Treatment	178

The total number of non-police referrals in 1981-82 was 117 and this has increased markedly to 455 in 1982-83. The total number of persons accepted to the Unit had increased by 246, from 526 to 772.

Since this was the first year in which the Assessment Unit had functioned in its present form, other comparisons are not possible.

RESIDENTIAL REHABILITATION PROGRAM

PHASE II

The number of beds available for persons in this segment of the program was 15 male beds on the second floor of the Alcoholism Treatment Centre, plus whatever female beds were utilized on the third floor of the facility. The length of stay recommended in this segment of the program is twenty-one days or three weeks. All admissions to this phase are transferred from the Detoxification Unit of Queens County Addiction Services. There was no particular change in the staffing patterns or programming of this segment of the program during 1982-83.

STATISTICAL SUMMARY

Total Number Admissions	270
Total Number Male Admissions	219
Total Number Female Admissions	51
Average Number Monthly Admissions	23
Average Age - Male	37 years
Average Age - Female	36 years
Average Length of stay - Male	17 days
Average Length of Stay - Female	17 days

There has been an increase in the number of admissions to this program during 1982-83 of 34 persons. The occupancy rates remained almost 100% during the year.

OUT-PATIENT ORIENTATION PROGRAM

This Morning Orientation Program consists of a three-week program which is presented on a daily basis for two hours at the Queens County Out-Patient Facility on Beach Grove Road. The persons attending these sessions include those in Phase II or the Residential Rehabilitation Program as well as out-patients engaging in a rehabilitation program. Sessions are also used for staff training or to provide information for interested persons from the community.

There was no particular change in the general format, staffing or programming of this segment during 1982-83.

STATISTICAL SUMMARY

Total Number of Admissions to Program	457
Total Number In-Patient Admissions	270
Total Number Out-Patient Admissions	187
Average Number Out-Patient Monthly Admissions	15
Total Number Completed Program	298
Total Number Individual Consultations	983
Total Male Admissions	354
Total Female Admissions	103
Total Number of Employer Clients	38
Average Age	31 years

The average number of persons admitted to the Out-Patient Program separate from the Residential Rehabilitation Program was approximately 15 per month, of which a fairly large number were employer clients. The average age of admissions to this portion of the program was seen to be younger than the in-patient residents, and there were a larger number of female admissions to this portion of the program. Of the 180, approximately 50 were female.

QUEENS COUNTY HALF-WAY HOUSE - TALBOT HOUSE

The total number of beds available in the Queens County Half-Way House is twenty-one beds, all of which are male. There are no female half-way house beds available on Prince Edward Island.

There was no particular change in the staffing pattern or programming for this facility during 1982-83, although some changes in the Attendant staff did occur.

The recommended length of stay for persons entering this facility in 1982-83 was approximately three months, and about one-third of the residents were gainfully employed at any given time.

STATISTICAL SUMMARY

Total Number of Admissions	152
Total Number of Individuals Served	106
	(46 repeaters)
Occupancy Rate	78%
Average Length of Stay	43 days
Average Age	39 years
Total Number from Probation & Parole Services	11

The number of admissions to this facility during 1982-83 remains exactly the same at 152 as the previous year. The number of individuals served had increased somewhat, as well as the average length of stay. However, the statistics here were relatively stabilized during this year.

EXTENDED CARE FACILITY - FREDERICTON FARM UNIT

This Unit continued to function during the year 1982-83 under the administration of Queens County Addiction Services. There was no change during the year in the staffing patterns or the programming for this Unit. It was, however, determined during the latter part of the year that the Unit was not functioning in a manner as was originally envisioned, and because of this fact and budget restraints, it was projected that the Unit would cease operation early in the fiscal year 1983-84.

The Unit consisted of approximately fourteen beds, of which eight were utilized by Queens County Addiction Services and the remainder by the other Counties. It was determined that few of the residents were being motivated to engage in any activity other than recreational television watching and card playing, and this was not adequate to assist them in maintaining any program after they left this facility. There were, however, during the year several persons who required the time provided at this Unit and who did engage in other programs following discharge.

STATISTICAL SUMMARY

Total Number of Admissions	78
Total Number of Individuals Served	50
Occupancy Rate	86%
Average Length of Stay	65 days
Average Age	47 years

EDUCATION PROGRAM

This program in Queens County remained under the direction of an Education Coordinator and the activities for the year 1982-83 were relatively similar to the preceding year. A major addition was the presentation of informational material to Grade VI students in elementary schools throughout Queens County. This was in addition to the sessions provided for the Grade VII students in the junior high schools of the area.

Informational sessions were provided to community and professional groups as well as in-service training sessions to staffs, not only of Queens County, but of the other Counties as well.

Evening sessions were also presented at the junior high schools in the area for students and their parents.

There was more emphasis during the year 1982-83 on youth, with orientation towards the schools and other youth groups in the community. Multiple sessions were also presented for teachers in the various schools of Queens County.

STATISTICAL SUMMARY

Total Attendance:	
School Students	2,468
Mature Students	167
Adult Community	744
Youth Community	464
Professional Groups	428
Total Number School Sessions	130
Total Number Community Sessions	55
Total Number Professional Sessions	25

FAMILY PROGRAM

This service consists of individual interviews with spouses and family members with follow-up counselling when necessary. One Family Therapist operates this program from the out-patient facility on Beach Grove Road in Charlottetown. In addition to individual counselling and referrals to community self-help groups such as Al-Anon, an orientation program is presented on a weekly basis for ten weeks. The average number of participants at these programs range from 25 to 40.

All persons engaging in other parts of Queens County Addiction Services programs have a family member contacted by the Family Therapist. Referrals may come directly from the community as well.

STATISTICAL SUMMARY

Total Number Family Orientation Sessions	79
Total Number Attending Family Orientation Sessions	1,626
Average Attendance Monday Night Family Program	21
Total Number Individual Consultations	893
Total Number Family Members Served	5,339

It can readily be seen that involvement of the family is a major portion of the thrust of Queens County Addiction Services. Although the Family Therapist does receive assistance from other staff, it appears obvious that this is one of the major staffing areas that needs to be increased because of the large number of persons needing and requesting assistance with their family problem.

YOUTH PROGRAM

An Out-Patient Therapist is available as a counsellor for adolescents who are experiencing problems with alcohol and/or other chemicals. In addition to individual therapy sessions with the young people, this person also conducts sessions for junior high school students two or three times weekly at the out-patient facility. This segment of the program also serves as a contact for adolescents who are admitted to the Residential Program at the Alcoholism Treatment Centre, and assures that they receive adequate aftercare. This segment of the program also deals with the children of alcoholic parents by providing individual counselling and educational sessions with this group. During the year a project was obtained through the Federal Government to expand this portion of the program. Although it is not directly funded by Queens County Addiction Services, it does function to assist adolescents in problems either with their own alcohol and/or drug use or because this problem exists in their home. It is hoped that this segment of the program can be markedly expanded, not only as a therapeutic but as a preventive measure.

AFTERCARE PROGRAM - PHASE III

The therapeutic programs of the Alcohol and Drug Problems Institute provided to chemically dependent persons, whether this be to alcohol and/or other chemicals, is divided into three phases. The first phase is detoxification, the second phase is residential or out-patient rehabilitation, and the third is the Aftercare Program or Phase III. This phase of the program is available and recommended to all persons who have completed either the Residential Rehabilitation Program or the Out-Patient Rehabilitation Program.

There was a change during the latter part of the year 1982-83 in the Aftercare Program. This concerned itself mainly with the leaders of the aftercare groups. The number of aftercare groups was increased from five to six, and the leaders of the groups were picked from persons in the community who were recovering alcoholics and who had developed stability in their own lives, as well as the ability to transmit their ideas to other persons and to direct the activities of persons in these aftercare groups.

Monthly meetings are held with these aftercare leaders and the therapists in order that adequate communication may be continued and problems that are being experienced may be alleviated.

These aftercare leaders became members of the casual staff of Queens County Addiction Services and for the three months that these groups were functioning, they appeared to be providing a much needed service which relieved the staff of the responsibility of this portion of the program. It is felt that this portion of the program will continue to improve and expand during the coming fiscal year.

STATISTICAL SUMMARY

Total Number of Group Sessions	268
Average Attendance at Sessions	10
Total Number of Individuals Served	254

The length of stay in Phase III or the Aftercare Program is recommended to be six months. It is possible that the length of stay in these groups may be increased up to one year in the future.

SUMMARY

In summary, 1982-83 was a year in which the treatment programs of Queens County Addiction Services were consolidated. Both the in-patient and out-patient detoxification and rehabilitation programs functioned at a satisfactory level throughout the year, as well as the programs and procedures at the half-way house.

During the year the Aftercare Program was revamped and the reorganization began to show almost immediate results. A major start was made on the development of programs for youth and adolescents as well as parent's programs related to community adolescent drug use.

A major focus of our activities became the development of a networking system with the Social Services and the Justice Department, as well as frequent contacts and communication with the Education Department through the Unit 3 School Board and the varying schools in the County. We will continue to attempt to improve communication between the various Government departments with whom we are involved during the coming year, as our relationship with the varying agencies and the community have a marked impact on our ability to assist addicted persons and their families.

PRINCE COUNTY ADDICTION SERVICES

216 Schurman Avenue,
Summerside, P.E.I.,
C1N 2P4

TELEPHONE: 436-4201

BOARD OF DIRECTORS
PRINCE COUNTY ADDICTION SERVICES
APRIL 1, 1982 - MARCH 31, 1983

Mr. Maynard Schurman, Chairman

Mr. Walter Callaghan

Mrs. Pauline Deighan

Mr. Blair Heeschen

Rev. Joseph LeClair

Mr. Neil MacLeod

Mr. Alan Montgomery

MANAGEMENT PERSONNEL

Mrs. Betty Campbell	Prince County Director
Mrs. Amy Gaudet	Nursing Supervisor, Detox. Unit
Mr. Peter McCloskey	Rehabilitation Supervisor
Mr. Tom Whittaker	Manager, St. Eleanor's House
Dr. Sheldon Cameron	Medical Consultant

PRIMARY CARE (DETOXIFICATION) PROGRAM

The 17 bed Prince County Primary Care Unit is located in the basement of the Nurses Residence at 216 Schurman Avenue in Summerside. The major objectives of this service are:

(1) To offer medical detoxification from all mood altering chemicals with the maximum amount of safety and comfort.

(2) To utilize this time for medical evaluation to detect other possible pathology that may be related to the addiction.

(3) To provide instruction for clients as to the nature of their problem, assist them to identify with their problem and motivate them to accept further treatment.

The average occupancy rate for this year is 78.2%, an increase of 3.2% over the preceding year.

Of special note is the increase in the percentage of female admissions from 12.6% in the 1981/82 year to 15.3% for this year.

Alcohol continues to be the major drug of abuse among those admitted. However, a significant decrease from the previous year has been noted:

1981/82	Males - 90%	Females - 74.2%
1982/83	Males - 73.9%	Females - 46.3%

Correspondingly there has been a marked increase in the percentage of admissions for multiple addictions i.e. alcohol, prescription and illicit drugs:

1981/82	Males - 8.4%	Females - 24.7%
1982/83	Males - 20.8%	Females - 52.9%

STATISTICAL SUMMARY

Total Number of Admissions	793
Total Number of Male Admissions	673 (84.7%)
Total Number of Female Admissions	121 (15.3%)
Total Number of Individuals Admitted	482
Total Number of New Clients	163
Average Length of Stay	5 days (Male)
	8 days (Female)

PERCENTAGE DISTRIBUTION OF INDIVIDUALS

BY AGE

Age	Total %	Male	Female
Less than 20	4.8	3.4	13.1
20 - 30	20.3	19.4	26.1
31 - 40	24.9	25.2	23.2
41 - 50	24.9	25.4	21.7
51 - 60	12.9	13.3	10.1
60 and over	11.8	12.8	5.8
Average Age		42	37

PERCENTAGE DISTRIBUTION OF ADMISSIONS

BY SOURCE OF REFERRAL

Family	27 %
Self	25.2%
Hospitals/Physicians	18.3%
Friends/Neighbours	14.0%
Justice System	2.7%
Staff	8.6%
Other Addiction Units	1.3%
Other	2.9%

DETOX. VOLUNTEER FOLLOW-UP PROGRAM

This program is sponsored by the Prince County Addiction Advisory Committee. It operates under the direction of the Detox. Supervisor and a volunteer coordinator. Its objectives are:

(1) To provide an on-going community support system for clients both during their stay in Detox. and following discharge.

(2) To assist follow-up services of Prince County Addiction Services.

(3) To utilize valuable community volunteer workers.

(4) To strengthen communication and maintain rapport between Prince County Addiction Services, the program of Alcoholics Anonymous and the general public.

The program operates according to a rotating monthly schedule set up by the Coordinator. Teams of two volunteers visit the Detox. Unit twice a week to interview those clients who have given written consent to see them. During the visit, the client is encouraged to choose and make use of a contact from his or her own community for additional support when he returns home. The contact is immediately established by telephone and the individual's name and telephone number are recorded for future reference.

This program has been in operation for four years and has proven to be a valuable asset to Prince County Addiction Services. These dedicated volunteers are to be commended for their faithfulness to this program.

STATISTICAL SUMMARY

Number of Contacts Established		318
Summerside and Area	127	
West Prince	130	
East Prince	42	
Outside Prince County	19	

INTERMEDIATE CARE (REHABILITATION) PROGRAM

Prince County Addiction Services provides a three-week treatment program for chemically dependent men and women on a residential or day basis. The program does not merely advocate abstinence but promotes effective living without the use of mood altering chemicals.

A small group format of 10-12 individuals is utilized. The program combines lectures, films, group discussions, individual counselling and guest speakers, and strongly emphasises family involvement. The many aspects of addiction are explored as well as guidelines for successful recovery.

Admission to the program is made at the beginning of each three week cycle so that participants are involved in a closed group with no new additions during the 21 days. Those who are admitted as residential clients are accommodated in the Detoxification Unit or St. Eleanor's House.

Clients are generally not readmitted for a minimum of one year at which time applicants are considered on an individual basis.

Each client's family is contacted and encouraged to attend three family sessions during the client's treatment as well as the seven-week Family Program and the Alanon Program.

Emphasis is placed on the recognition of after-care as a critical component of the overall recovery program. After completion of the three-week program, clients are moved into a weekly After-Care Program for a six-month period.

The program advocates the principles of Alcoholics Anonymous and stresses the importance of on-going involvement in A.A. during and after treatment.

STATISTICAL SUMMARY

Total Number of Admissions	148	
Total Number of Female Admissions	41	(27.7%)
Total Number of Male Admissions	107	(72.3%)
Total Number of Individuals Served	147	
Total Number of New Admissions	147	
Total Number Completing Program	136	

PERCENTAGE DISTRIBUTION OF INDIVIDUALS

BY AGE

Age	Total %	Male	Female
Less than 20	4.1	4.0	5.0
20 - 39	57.8	54.0	67.5
40 - 59	33.3	37.0	22.5
60 and over	4.8	5.0	5.0
Average Age		41 yrs.	35 yrs.

PERCENTAGE DISTRIBUTION OF INDIVIDUALS

BY SOURCE OF REFERRAL

Family	6.8%
Self	8.8%
Friend/Neighbour	5.4%
Justice	13.5%
Social Services	2.7%
Hospitals and Physicians	12.8%
Prince County Detox. Unit	32.4%
Other Addiction Services Units	8.1%
Staff	5.4%
Other	4.1%

FAMILY INFORMATION PROGRAM

This program is affiliated with the Intermediate Care Program. It is conducted in recognition of the fact that chemical dependency deeply affects the family and that the family can influence the progression of the disease as well as the prognosis for recovery.

It is open to all interested individuals and is especially intended for the relatives and friends of a chemically dependent person regardless of whether or not the person has been exposed to treatment.

The program is open ended and recycles every seven weeks. It consists of one two-hour evening session per week led by the Family Counsellor. Two general topics "Addictions, and Family Recovery" are dealt with by means of films, lectures and group discussions. Clients of this program are introduced to Al-Anon and advised to become involved in this self-help program upon completion of the Family Program.

STATISTICAL SUMMARY

Number of Individuals Seen	212
Number of Office Visits	458
Number of Telephone Consultations	953
Number of Large Group Sessions	59
Average Group Size	27
Number of Small Group Sessions	31
Average Group Size	14

WEST PRINCE COUNSELLING SERVICE

The Agency provides a community counselling resource in the western area of the county for individuals and families who are affected by alcoholism and other forms of chemical dependency. This service is an adjunct of the rehabilitation program. It is intended to provide out-patient assessment, counselling and referral in addition to follow-up counselling for residents of the area after discharge from treatment.

Referrals are accepted from any source and are especially welcome from professional sources, employers and community agencies.

This service is staffed by one full-time counsellor with a back up from the staff of any of the other services within the agency as well as a large complement of volunteers. The counsellor has office hours in the O'Leary Regional Services Centre on Mondays and Wednesdays and in the Western Hospital in Alberton on Tuesdays and Thursdays.

STATISTICAL SUMMARY

Total Number of Individuals Seen	218
Total Number of Home Visits	737
Total Number of Hospital Visits	206
Total Number of Employment Contacts	158

EXTENDED CARE PROGRAM

ST. ELEANOR'S HOUSE

This facility is located at 571 South Drive in St. Eleanor's and has a capacity of 10 beds for men.

It provides a home-like environment for those who require extended support after initial treatment for chemical dependency. Peer therapy discussion groups, films and individual counselling form part of the program with emphasis on increasing vocational and social skills to prepare residents for stable return to the community.

Regularly scheduled meetings of Alcoholics Anonymous are conducted in the house by members of A.A. and attendance at outside meetings in the community is encouraged.

After a suitable period of time for orientation to the program and stabilizing of the individual's physical and mental condition, the residents are encouraged to seek employment and regain family ties where possible.

The recommended length of stay is 3 to 6 months.

STATISTICAL SUMMARY

Total Number of Admissions	57
Total Number of Individuals	51
Average Length of Stay	57 days
Occupancy Rate	89%

EDUCATION SERVICES

This program complements the treatment portion of Prince County's Services in attempting to reduce drug problems in the County. The thrust of the program is to minimize drug problems by dealing with them on an earlier basis and by heightening public awareness.

Through media use, school and community workshops, youth work, public displays and the maintenance of a resource library, information regarding Drug and Alcohol Problems was disseminated to a large portion of the public during the year.

STATISTICAL SUMMARY

	School	Community	Professional
Number of Sessions	89	27	9
Average Group Size	27	29	25

MISCELLANEOUS ACTIVITIES

Displays	7
Media Activities	16
Meetings	46

Student Exchange Program 14 days involving

32 Students
95 Consultations

OUT-PATIENT SERVICES

In addition to the structured treatment program, the staff of the Agency provide such out-patient services as assessment interviews, individual counselling, follow-up counselling, and administration of Antabuse.

STATISTICAL SUMMARY

Total Number of Individuals Seen	654
Total Number of Office Visits	1,962
Total Number of Telephone Consultations	2,638

YOUTH PROGRAM

A Youth Program was developed during the year for children between the ages of 8 and 12. The first program began in January and was primarily intended for children from families in which chemical dependence existed either in parents or others living in the home. This particular group was targeted because such children are regarded as being at high risk of developing alcohol or drug problems themselves.

The program uses the small closed group format and accommodates a maximum of eight children per group. Each group attends one two-hour evening session per week for three weeks. They are exposed to information on alcohol and drug abuse and the effect that these problems have on other family members. They are also encouraged to share their own feelings and experiences. Activities include games, films, talking, small projects and graduation.

STATISTICAL SUMMARY

Number of Group Sessions	9
Total in Attendance	72
Average Group Size	8

ADDICTION SERVICES

CHARLOTTETOWN, P.E.I.

FINANCIAL STATEMENTS

MARCH 31, 1983

AUDITORS' REPORT

Central Advisory Board of Addiction Services

We have examined the balance sheet of Addiction Services as at March 31, 1983 and the statement of revenue and expenditure for the year then ended. Our examination was made in accordance with generally accepted auditing standards, and accordingly included such tests and other procedures as we considered necessary in the circumstances.

In our opinion these financial statements present fairly the financial position of the corporation as at March 31, 1983 and the results of its operations for the year then ended in accordance with generally accepted governmental accounting principles applied on a basis consistent with that of the preceding year.

Charlottetown
Prince Edward Island

July 13, 1983

Doane Raymond

Chartered Accountants

ADDICTION SERVICES

BALANCE SHEET

MARCH 31, 1983

ASSETS	1983	1982
Current		
Cash	$ 7,030	$ 1,818
Receivables	1,348	13,009
Prepaid expenses	347	262
	8,725	15,089
Land, buildings and equipment (Note 2)	296,843	298,172
	$305,568	$313,261
LIABILITIES		
Current		
Payables and accruals	$ 703	$ 731
Long term debt payable within one year	1,200	1,200
	1,903	1,931
Payable to the Province of Prince Edward Island	11,141	17,477
Long term (Note 3)	292,524	293,853
	$305,568	$313,261

ON BEHALF OF THE BOARD

.....Director

.....Director

Doane Raymond

ADDICTION SERVICES

STATEMENT OF REVENUE AND EXPENDITURE

YEAR ENDED MARCH 31, 1983

	1983	1982
Revenue		
Grant - Province of Prince Edward Island	$2,759,675	$2,471,247
Grant - Federal Government		52,269
Patient fees	11,656	18,480
Miscellaneous		894
	2,771,331	2,542,890
Expenditure		
Direct (page 5)		
Detoxification	1,501,771	1,331,112
Rehabilitation	555,651	490,230
Short term care	379,688	372,358
Long term care	125,033	112,057
	2,562,143	2,305,757
Central office and administration		
Administration	5,213	3,602
Equipment		802
Materials and supplies	11,616	13,797
Professional fees	15,642	14,068
Salaries and benefits	149,150	121,603
Travel	11,406	11,616
	193,027	165,488
	2,755,170	2,471,245
Excess of revenue over expenditure	$ 16,161	$ 71,645

ADDICTION SERVICES

NOTES TO FINANCIAL STATEMENTS

MARCH 31, 1983

1. Accounting policies

(a) Financial statement reporting

These financial statements include the accounts of Addiction Residences Inc. which was incorporated as a non profit organization in June, 1977 and which is fully funded through Addiction Services.

As of October, 1980 the services administered by the Addiction Foundation of Prince Edward Island were contracted out to three individual county boards. For the year ended March 31, 1983 the accounts are recorded on a combined basis for the province and administered by a central board under the name of Addiction Services. However, the counties are charged with related expenditures and are budgeted accordingly.

(b) Depreciation

The charge for annual depreciation is equal to the principal reduction of the mortgages on the related properties for that year in accordance with the mortgage agreements on the particular properties.

(c) Furniture and equipment

Furniture and equipment are carried at a nominal value of $1. Purchases of equipment are treated as expenditure in the year they occur.

(d) Profit or loss

The profit or loss for the year is transferred to the Province of Prince Edward Island according to the accounting treatment policy of the Provincial Treasury Board.

Deane Raymond

ADDICTION SERVICES

NOTES TO FINANCIAL STATEMENTS

MARCH 31, 1983

2. Land, buildings and equipment

	1983			1982
	Cost	Accumulated Depreciation	Net Book Value	Net Book Value
Land				
McQuaid	$ 30,000		$ 30,000	$ 30,000
Kings County Detox Centre	10,300		10,300	10,300
Fredericton Farm Unit	14,335		14,335	14,335
Buildings				
McQuaid	104,633	$ 1,846	102,787	103,308
Kings County Detox Centre	43,308	616	42,692	42,860
Fredericton Farm	84,853	1,144	83,709	84,039
Georgetown	19,000	5,981	13,019	13,329
Equipment	1		1	1
	$306,430	$ 9,587	$296,843	$298,172

3. Long term debt

	1983	1982
15 1/2% mortgage due 1987, amortized to 1994, repayable in equal monthly installments of principal and interest providing Georgetown property as security	$ 11,901	$ 12,211
11 1/2% mortgage due 1984, amortized to 2014, repayable in equal monthly installments of principal and interest providing Fredericton Farm property as security	95,621	95,951
11% mortgage due 2014 repayable in equal monthly installments of principal and interest providing McQuaid property as security	134,168	134,689
9 5/8% mortgage due 2019 repayable in equal monthly installments of principal and interest providing The Kings County Detoxification Centre as security	52,034	52,202
	293,724	295,053
Amount payable within one year	1,200	1,200
	$292,524	$293,853

ADDICTION SERVICES

DIRECT EXPENDITURES

YEAR ENDED MARCH 31, 1983

	1983				1982
	Queens County	Prince County	Kings County	Total	Total
Detoxification					
Administration	$ 61,597	$ 30,666	$ 14,713	$ 106,976	$ 91,395
Equipment	5,915	1,327	2,824	10,066	6,424
Materials and supplies	144,840	82,424	43,838	271,102	261,608
Professional services	23,920	13,243	3,057	40,220	32,129
Salaries and benefits	497,665	270,298	265,980	1,033,943	905,213
Travel	15,763	10,645	13,056	39,464	34,343
	749,700	408,603	343,468	1,501,771	1,331,112
Rehabilitation					
Salaries and benefits	245,266	175,360	135,025	555,651	490,230
Short term care					
Administration	8,535	6,847	809	16,191	14,068
Equipment	1,078		272	1,350	754
Interest			2,215	2,215	2,091
Materials and supplies	37,206	26,654	20,985	84,845	85,249
Professional services	150	655	645	1,450	1,800
Salaries and benefits	111,578	88,127	73,932	273,637	268,396
	158,547	122,283	98,858	379,688	372,358
Long term care					
Administration	7,267			7,267	7,352
Equipment					1,217
Materials and supplies	37,853			37,853	35,982
Salaries and benefits	79,913			79,913	67,506
	125,033			125,033	112,057
	$1,278,546	$706,246	$577,351	$2,562,143	$2,305,757

Deane Raymond